

## **ABSTRACT**

### **PROFILE OF THE USE OF VITAMINS AND MINERALS IN STUNTING CASE AT KEBONSARI AND GAYUNGAN PUSKESMAS SURABAYA**

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*Stunting is a condition in which a child experiences growth disorders, so that the child's height does not match his age, as a result of chronic nutritional problems, namely lack of nutritional intake for a long time. The purpose of this study was to determine the profile of the use of vitamins and minerals in cases of stunting at the Kebonsari and Gayungan Puskesmas in Surabaya. The data collection method was carried out retrospectively from August to October 2022 with a total sample of 30 stunted child patients. This study used a stunting summary report instrument which contained name, age, gender, weight, height, and the type of vitamin and mineral therapy given. The results of this study are descriptive. Stunted child patients receive Optima Zinc Syrup which contains 8 mg zinc and 25 mg vitamin C per 5 ml. The dose used in a day is 5 ml measuring spoons, with the rules of use taken once a day. The used in a day is 8 mg of zinc and 25 mg of vitamin C, with the rules of use taken once a day. The use of the drug has been used for 3 months. Regarding demographics of nutritional status assessment at the Kebonsari and Gayungan Health Centers in Surabaya, it was found that the majority of children were underweight (63.33%) based on the Z-Score BB/U, had short status (70.00%) based on the Z-Score TB/U, and good nutritional status (63.33%) based on the Z-Score BB/TB.*

*Keyword : Stunting, Zinc, Z-Score*